Wyoming YMCA Pool Schedule

July 1 - August 31, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM 6:30 AM	Lap Swim 6:00-6:45	Lap Swim 6:00-6:45	Lap Swim 6:00-6:45	Lap Swim 6:00-6:45	Lap Swim 6:00-6:45	Y Closed	Y Closed
7:00 AM 7:30 AM	Lap Swim 7:00-7:45	Lap Swim 7:00-7:45	Lap Swim 7:00-7:45	Lap Swim 7:00-7:45	Lap Swim 7:00-7:45	Lap Swim 7:00-7:45	
8:00 AM 8:30 AM	Lap Swim 8:00-8:45	Lap Swim 8:00-8:45	Preschool 8:30-9:45	Lap Swim 8:00-8:45	Lap Swim 8:00-8:45	Aqua Zumba 8:00-8:45	
9:00 AM 9:30 AM	Lap Swim 9:00-9:45	School 9:00-9:45		Lap Swim 9:00-9:45	Lap Swim 9:00-9:45	Swim Lessons 9:00-10:45	
10:00 AM 10:30 AM	Water-X: Beth 10:00-10:45	Water X: Deb 10:00-10:45	Water-X: Kathryn 10:00-10:45	Water-X: Beth 10:00-10:45	Water-X: Kathryn 10:00-10:45		
11:00 AM 11:30 AM	Adult Pool 11:00-11:45	Live Y'ers 11:00-11:45	Adult Pool 11:00-11:45	Live Y'ers 11:00-11:45	Adult Pool 11:00-11:45	Family Swim 11:00-11:45	
12:00 PM 12:30 PM						Y Closed	Y Closed- Y Closes Sundays Starting in April
1:00 PM 1:30 PM	Lizards 1:00-1:45	Lizards 1:00-1:45	Lizards 1:00-1:45	Lizards 1:00-1:45	Perry Rec 1:00-1:45		
2:00 PM 2:30 PM	Day Camp 2:00-2:45	Day Camp 2:00-2:45	Day Camp 2:00-2:45	Day Camp 2:00-2:45	Perry Rec 2:00-2:45		
3:00 PM 3:30 PM							
4:00 PM 4:30 PM	Family Swim 4:00-4:45	Family Swim 4:00-4:45	Family Swim 4:00-4:45	Family Swim 4:00-4:45	Family Swim 4:00-4:45		
5:00 PM 5:30 PM	Swim Lessons 5:00-6:45	Family Swim 5:00-5:45	Family Swim 5:00-5:45	Swim Lessons 5:00-6:45	Family Swim 5:00-5:45		
6:00 PM 6:30 PM		Lap Swim 6:00-6:45*	Aqua Zumba 6:00-6:45		Family Swim 6:00-6:45		
7:00 PM 7:30 PM	Lap Swim 7:00-7:45	Lap Swim 7:00-7:45	Lap Swim 7:00-7:45	Lap Swim 7:00-7:45	Lap Swim 7:00-7:45		

	-All times are subject to change without notice* Call (585)786-2880 to verify.-	
● ALL SWIMMERS MUST SHOWER BEFORE ENTERING THE POOL OR SPA.		
● No thongs, string bikinis or otherwise inappropriate swim wear.		
● Bathing suits are required when using the pool. Shorts, shirts or clothing of any kind, including cut-off pants are not allowed.		
● Water Exercise classes are limited to 24 participants per 1 instructor. Please sign in when you arrive		
● Adult Pool time is set aside for waders, beach ball players and individuals doing water exercise. It is not designed for lap swim. Please, if you are looking to swim laps, use one of our designated lap swim 45 minute time blocks.		
●During open and family swim, children under the age of six (6) must be accompanied into the water by a parent or a supervising adult who is 18 years of age or older. That adult must stay within arm's length of the child. One (1) adult may supervise up to four (4) children.		
●During open and family swim, children under the age of six (6) must be accompanied into the water by a parent or a supervising adult who is 18 years of age or older. That adult must stay within arm's length of the child. One (1) adult may supervise up to four (4) children.		
●The YMCA will provide floatation devices for non-swimmers. Floats from home will only be allowed if coast guard approved. Parents should be present in the pool area to assist a non-swimmer who needs a floatation device.		
●Children under the age of three (3) must wear specifically designed swim diapers under or as a bathing suit. If the child is over three (3) and not potty trained then they must use a swim diaper as well.		
●**As per State Health Department reccommended guidelines, lifeguards will be offered a break as often as every 45 mins. This means that the pool and pool deck will be closed during lap, adult and family swim for the last 15 mins of every hour.**		
● Lap Swim- Open to individuals ages 12 years old and up. Mature behavior and adherence to lap swim guidelines is required. Those wishing to float or water exercise should do so during adult or open swim. Please remain in your swim lane and keep a six foot distance from all other swimmers at all times.		
*The First Tuesday evening of each month, the pool will be available to only the Boy Scouts from 6-7pm, no lap swim.		